



Practitioner of Holistic Empowerment Coaching Training Course (600 hours) 36 modules

Recognised certification: (1) Meditation (2) Holistic counselling skills for meditation teachers (3) Meditation therapist (4) Holistic Empowerment Coaching

Initials graduates can use: Mbe.EmpCoach. (Mind Body Education Empowerment Coach)

Curriculum Area	Competency	Minimum Hours
Unit One Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course 24 modules	See modules for the Advanced Meditation Teaching and Holistic Human Development Practitioner Training Course	360 hours
Unit Two Certificate in Holistic Telephone Counselling 4 modules	<ul style="list-style-type: none"> • Introduction to telephone counselling • Using Zoom and other online platforms for counselling • Outline of the counselling call • The seven core principles of telephone counselling • Feelings are key • Active listening • Minimal encouragements • Reflection of content • Exploration of feelings • Open and closed questions • Guidelines for summarising • Basic telephone counselling communication guidelines • Barriers to effective communication • Listening skills • Self-care • Warnings and contras - When not to use telephone counselling 	80 hours

	<ul style="list-style-type: none"> • Domestic violence and suicidal clients • Role play exercises <p>Required reading:</p> <p>The telephone counsellor’s role play handbook by Kerry Doolan</p> <p>Telephone Counselling - A Handbook for Practitioners by Maxine Rosenfield</p>	
<p>Unit Three Certificate in Holistic Grief and Loss Counselling 4 modules</p>	<ul style="list-style-type: none"> • Introduction grief and loss counselling • What is grief? • Healing the wounds of grief • Grief takes time • The journey through grief • The grief processes • The role of the holistic grief counsellor • The pitfalls to avoid • Influencing factors on grieving • Resources and referrals • Complicated grief • Depressive grief and clinical depression • Dealing with Acute Emergency Situations (AES) • The grief counsellor’s role in AES • Guidelines for grief counselling • Counselling the dying • Taking care of yourself • Debriefing 	<p>80 hours</p>
<p>Unit Four Certificate in Holistic Trauma and</p>	<ul style="list-style-type: none"> • Introduction to trauma and abuse counselling 	<p>80 hours</p>

<p>Abuse Counselling</p> <p>4 modules</p>	<ul style="list-style-type: none"> • Trauma • How healing happens • Foundational Relationship Attachment Concepts • Abuse • Treatments and Solutions • The Role of Love in Healing from trauma and/or Abuse • Earned Secure Adult Attachment <p>Required Reading:</p> <p>Earned Secure Adult Attachment by Kerry Doolan</p>	
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Course Fees

Upfront payment:

*Total \$3,200 **SAVE \$400***

Payment plan:

Initial \$400 deposit

16x \$200 monthly deposits

Total \$3,600